

## 10 Frames

A 10 frame is a grid of equal spaces, 5 on top and 5 on the bottom. They are a great visual tool to see "how many" something is without having to count, which helps to establish number sense. 10 frames can also be used as a stepping stone to learn addition, by developing children's intuition about numbers and their relationships.

There are many fun ways to use a 10 frame:

- 1. Start with a blank 10 frame, and add small toys or rocks one at a time to count from 1 to 10.
  - a. Count backwards from 10 to 1 by removing each item, one at a time.
- 2. Make a game of looking at filled 10 frames, and have your child identify the number.
- 3. Have your child order 10 frames from 0 10.

**Tip:** 6 sided dice are also a great tool to help learn "how many" something is without counting, as children start to become familiar with numbers!



